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STALEMATE

Former Special Counsel Robert Mueller testified before lawmakers on Wednesday, with no major bombshell revelations to offer either Democrats or Republicans. 2

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Adrienne C. Moore talks the 'OITNB' final season. 17

Mueller says he did not exonerate Trump as Republicans assail inquiry

The former FBI director appeared for close to four hours before the Judiciary Committee.

Former Special Counsel Robert Mueller. GETTY IMAGES

Former Special Counsel Robert Mueller on Wednesday said in dramatic congressional testimony he had not exonerated President Donald Trump of obstruction of justice and defended the integrity of his inquiry under repeated attacks by conservative Republican allies of the president.

Mueller initially testified he would have sought to indict Trump were it not for a Justice Department policy against charging a sitting president. But hours later he corrected himself and said, "We did not reach a determination as to whether the president committed a crime."

Answering questions publicly for the first time on his inquiry, Mueller appeared for eagerly anticipated testimony in two back-to-back televised hearings that carried high stakes for Trump and Democrats who are split between impeaching him or moving on to the 2020 election.

> **"Welcome, everyone, to the last gasp of the Russian collusion conspiracy theory."**
> Devin Nunes

The former FBI director, who spent 22 months investigating Russian interference in a "sweeping and systematic fashion" in the 2016 U.S. election to help Trump and the president's conduct, appeared for more than 3 ½ hours before the House of Representatives Judiciary Committee.

Mueller then appeared before the House Intelligence Committee for more questioning. Democrats control the House, while Trump's fellow Republicans control the Senate.

The Judiciary Committee's Democratic chairman, Jerrold Nadler, praised Mueller and said no one, including Trump, is "above the law." The Intelligence Committee's Democratic chairman, Adam Schiff, accused Trump's 2016 campaign of "disloyalty to country" for inviting, encouraging and making full use of Russian election meddling.

But Trump's Republican allies on the committees tried to paint Mueller's investigation as unfair to the president, with Louie Gohmert heatedly telling him, "You perpetuated injustice," and conservative Rep. Guy Reschenthaler calling the manner in which the inquiry was conducted "un-American."

"Welcome, everyone, to the last gasp of the Russian collusion conspiracy theory," said Devin Nunes, the Intelligence Committee's top Republican.

Mueller's 448-page report, released April 18 in redacted form, did not reach a conclusion on whether Trump committed the crime of obstruction of justice in a series of actions aimed at impeding the inquiry, but did not exonerate him.

Democratic Rep. Ted Lieu asked Mueller during the first hearing whether the reason he did not bring a criminal indictment against Trump was the Justice Department's longstanding policy, crafted by its Office of Legal Counsel, against bringing criminal charges against a sitting president.

"That is correct," Mueller said.

But Mueller at the outset of the second hearing backed off that testimony. REUTERS

THE FOREMAN FORECAST: NOT EXONERATED

ANALYSIS

TOM FOREMAN

"No collusion. No obstruction."

President Trump has chanted those words for months now, insisting that is the prime finding of the now-completed Russia investigation. He's bellowed them in speeches, he's shouted them at reporters, and he's tweeted them.

But make no mistake, Trump's claim is not true. It is a lie.

If you take one thing away from the extraordinary congressional testimony of Robert Mueller, the man whose team wrote the report, it should be that simple truth: Trump has not been exonerated.

To the contrary, Mueller's report found that Team Trump had a lot of contact with Russians who wanted Trump to win the 2016 election. The report showed that Trump's insiders, while never entering an actual conspiracy to promote Russian efforts to help, nonetheless welcomed them.

And when the investigation was launched, President Trump repeatedly discouraged cooperation and refused to be interviewed, even as people with ties to his team misled and lied to the special counsel. These are facts.

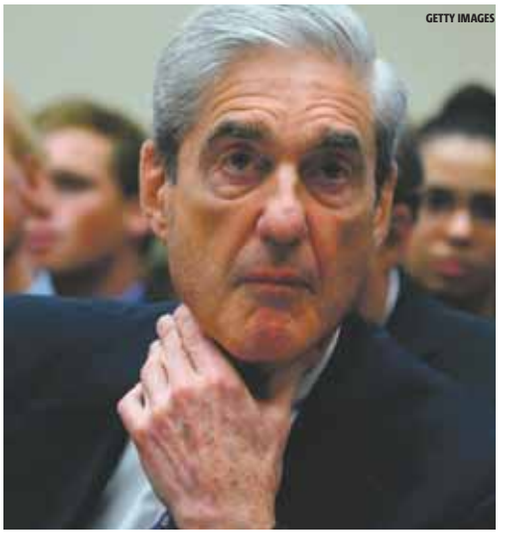
So why wasn't Trump charged with obstruction of justice when almost any other American likely would have been? Mueller says that option was never on the table — no matter what the facts might show — because the Department of Justice long ago concluded it would be unconstitutional to indict a sitting president.

To be clear, Mueller is not saying Trump should be indicted or impeached. He's simply saying that choice was not in play and it is not his call to make now.

All this searing testimony produced no visible effect on the Republicans questioning Mueller. One after another they tried to impugn the special counsel's motives, echoed the call of "witch hunt," steered away from any discussion of the troubling evidence, and played the role of a faithful choir in the Church of Trump.

And of course, they came out of the hearing calling Mueller and his report hopelessly compromised by alleged and unproven Democratic influence.

But even in Washington, facts still matter. And the facts in the Mueller report, and now in his congressional testimony — as stumbling, even bumbling, as it seemed at times — paint a damning picture of a president neck-deep in highly questionable behavior … no matter what Trump and his acolytes claim.



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Calls for the resignation of Puerto Rico Gov. Ricardo Rossello continued during the 11th day of protests. REUTERS

After 11 days of 'Rickyleaks' protests, Puerto Rico's governor mulls future

Sources are reporting Ricardo Rossello's resignation is "imminent."

Puerto Rico Gov. Ricardo Rossello was weighing his political future on Wednesday after almost two weeks of protests demanding his resignation over the publication of offensive chat messages and a corruption scandal, his spokesman said.

Rossello, a first-term governor in his first elected office, has resisted calls to step down over a scandal local media have dubbed "Rickyleaks." Media, including El Nuevo Día newspaper, cited unnamed sources as saying his resignation was imminent.

"He stated yesterday he is in a process of reflection, and listening to the people," the governor's spokesman Anthony Maceira said in a text message to Reuters. "Whichever decision he makes will, as always, be communicated officially."

Protesters had cheered the reports of a possible resignation late on Tuesday but warned that Rossello's departure would not end the demonstrations that were now entering their 12th day.

The island of 3.2 million people has been rocked by multiple crises in recent years, including a bankruptcy filing and a devastating hurricane in 2017 that killed about 3,000 people.

> **"Whichever decision he makes will, as always, be communicated officially."**
> **Anthony Maceira, governor's spokesman**

If Rossello steps down, his replacement as the U.S. territory's leader would likely be Justice Secretary Wanda Vazquez, whom many protesters reject because of her ties to the 40-year-old governor.

A string of Rossello's closest aides have stepped down as prosecutors investigated the scandal. The governor's chief of staff Ricardo Llerandi resigned on Tuesday, citing concerns for the safety of his family.

The scandal erupted at about the same time as federal investigators charged two former high-ranking Puerto Rico government officials with conspiracy.

The protests in the capital San Juan were spurred by the publication on July 13 of chat messages on the messaging app Telegram, in which Rossello and aides used profane language to describe female politicians and gay Puerto Rican celebrities, including Ricky Martin.

FINANCES UNCERTAIN

The uncertainty over Rossello's future has also complicated Puerto Rico's bankruptcy process. The U.S. territory filed in 2017 to attempt to restructure about $120 billion of debt and pension obligations.

An attorney for the federally-created oversight board currently responsible for Puerto Rico's finances told a court hearing that "current events" had played a role in delaying the filing of a plan to restructure the bulk of the territory's debt. REUTERS

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NYC cyclist. GETTY IMAGE

Bike-safety concerns grow after third cyclist hit in 24 hours

Since Tuesday, three cyclists have been struck, in Queens, Brooklyn and Staten Island.

MORGAN ROUSSEAU
morgan@metro.us

A cyclist was in critical condition Wednesday after being hit by a vehicle in Queens, adding to mounting concern over bike safety in a city that saw two cyclist deaths just hours prior.

The bicyclist, who was not identified, was hit on Woodhaven Boulevard near the intersection of Jamaica Avenue just after 1 a.m. Wednesday, according to reports. He was taken to Jamaica Hospital, where as of deadline he was in critical condition. The driver remained at the scene and was not arrested, ABC reported.

This latest accident was the third serious crash involving a bike and a motor vehicle in a 24-hour period. In the previous instances, both cyclists were killed. Around noon on Tuesday, a 17-year-old was killed when he was hit by a tow truck in Port Richmond, Staten Island. Then later, around 4 p.m., a 58-year-old man was fatally struck by a box truck on McGuiness Avenue in Greenpoint, Brooklyn.

Advocates are calling for more stringent protections for cyclists after a particularly deadly year for bikers. So far this year, 17 people have been killed while riding bikes in New York City. Last year, there were only 10 cyclist deaths.

On Tuesday, City Council approved a new bill that will let cyclists follow pedestrian walk signs at several city intersections. The head start is meant to give cyclists more time to get out of harm's way, and will allow motorists a better chance of seeing cyclists.

The bill, which is set to take effect in November, will require bicyclists to yield to pedestrians in crosswalks.

> **"The culprit in this transportation conversation is the culture that continues to privilege cars and treats cyclists like motor vehicles rather than what they are more like, which are pedestrians."**
> **Carlos Menchaca, Brooklyn Councilmember**

"The culprit in this transportation conversation is the culture that continues to privilege cars and treats cyclists like motor vehicles rather than what they are more like, which are pedestrians," Brooklyn Councilmember Carlos Menchaca, who sponsored the bill, said during the Council's vote. "We blame cyclists. We blame pedestrians. This has to stop."

It's Now Easier to Reach Rockaway Beach on Weekends and Holidays

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342_19_Metro

Settlement promises curb cuts to be installed or upgraded at NYC corners

The move is hailed as a step forward toward making street access easier for the disabled.

ALEXANDRA ALEXA
letters@metro.us

A settlement in Manhattan Federal Court yesterday has established a plan to improve sidewalk accessibility throughout New York by making all 162,000 street corners in the city fully accessible within 15 years. Judge George B. Daniels mandated a comprehensive citywide survey to identify which corners need curb cuts installed or upgraded, which must be completed by October.

This marks an important step toward making the city's streets easier to access and safer for the disabled community — and all New Yorkers.

The settlement resolves two separate class-action lawsuits for violations of the Americans with Disabilities Act of 1990. The more recent case was filed in 2014 by the Center for Independence of the Disabled and two individuals who challenged "the continued widespread dangerous pedestrian ramps in Lower Manhattan that were broken and crumbling, were too steep to navigate, lacked detectable warnings, contained high lips at the bottom of the cut, or led directly into potholes, among other barriers to access."

"This agreement marks a turning point for New York City, allowing it to truly become the most walkable city in the nation, including for those who are blind or for those who use a wheelchair for mobility," said Michelle Caiola, Disability Rights Advocates' managing director of litigation. "ADA-compliant sidewalks are essential for people with disabilities, but also benefit people pushing strollers, travelers with luggage, and those delivering packages."

THE CITY reported that all upgrades to non-compliant ramps at 108,590 corners are supposed to be completed by the end of 2032, while pedestrian ramps at corners without any cuts are set to be installed by 2021.

"This would open up my world," said wheelchair user Kathleen Collins, 61, of Manhattan, in an interview with THE CITY. "But I also find it frustrating that we have to wait until the 2030s on some of this."

This news comes as multiple disability rights lawsuits against the MTA remain pending. Only a quarter of the MTA's 472 stations are currently compliant with the ADA, which is significantly fewer than the MTA claims.

> **"This agreement marks a turning point for New York City, allowing it to truly become the most walkable city in the nation, including for those who are blind or for those who use a wheelchair for mobility."**
> **Michelle Caiola, Disability Rights Advocates' managing director of litigation**

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"Under the K" rendering. COURTESY PUBLIC WORK

7-Acre park to open under Kosciuszko Bridge

Plans to build a new seven-acre public park under Greenpoint's Kosciuszko Bridge are moving forward. Last month, the North Brooklyn Parks Alliance unveiled designs for "Under the K," a public space that will feature four distinct spaces and stretch to Newtown Creek.

Designed by Toronto-based architecture firm Public Work, the new park will feature access to the waterfront, public art installations, performances, and areas for recreation on land currently vacant.

The first part of the new bridge, which replaced the old 1939-built truss bridge, opened to traffic in 2017 and connects Brooklyn and Queens. That same year, the state asked the North Brooklyn Parks Alliance to develop ideas to turn the open space under the bridge's Brooklyn side into a park.

The Brooklyn-bound span of the bridge is expected to open in September. According to Curbed NY, construction of the section below the bridge will wrap up a month after.

"As our neighborhoods became increasingly dense amid historic development, we must reimagine the types of spaces that can become open and public," Katie Denny Horowitz, the executive director of the Alliance, said. "'Under the K' is a visionary solution to the urban plight of limited space, transforming how cities can and should approach future parks."

The design from Public Works, the firm behind "The Bentway," a public space that opened last year under the Gardiner Expressway in Toronto, is defined by the bridge's concrete beams, which range in height from 40 feet at the entrance to 120 feet at the waterfront.

Four distinct spaces will be constructed beneath the bridge: the "Arm," the "K-flex 1," the "K-flex 2" and the edge of Newtown Creek. The Arm links pedestrians and cyclists from the bridge to the main park, with planting zones able to host markets.

The two flex zones will be multifunctional, with space for programming, play and larger events. The Creekside will contain public seating, outlooks and restored ecologies, as well as programming geared toward environmental initiatives.

"Few parks could offer such raw potential for community engagement in activation, recreation, culture and nature — a testing ground for contemporary expressions of social and ecological transformation," Marc Ryan and Adam Nicklin, co-founders of Public Work, said in a statement. DEVIN GANNON

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Rapper Meek Mill granted new trial on 2008 drugs, weapons charges

A Superior Court panel agreed that Judge Genece Brinkley was no longer impartial.

Rapper Meek Mill. REUTERS

Meek Mill, a rapper who has become an advocate for reform of the U.S. criminal justice system, is entitled to a new trial on drugs and weapon charges that have kept him on probation for a decade, a Pennsylvania appeals court ruled on Wednesday.

A three-judge Pennsylvania Superior Court panel agreed that Philadelphia Judge Genece Brinkley, who presided over a 2008 trial that resulted in his conviction, was no longer impartial, as Meek Mill's attorneys have argued. It ordered a replacement for Brinkley in the case.

The sole witness against Meek Mill at his 2008 trial was a discredited Philadelphia narcotics squad officer who is no longer with the city's police force.

"Williams' right to be tried before an impartial judge is necessary in this case because the trial judge heard highly prejudicial testimony at the first trial, which was a bench trial, and made credibility determinations in favor of a now discredited witness and against Williams," President Judge Jack A. Panella wrote in an 18-page opinion.

In November 2017 Brinkley sentenced the rapper to up to four years in prison, saying a pair of arrests violated probation conditions she set following his 2008 convictions. He served five months before the state's top court granted him bail.

The arrests, one for dangerous driving while shooting a New York City music video, did not result in convictions.

After the sentence, Meek Mill, whose given name is Robert Williams, became a cause celebre for musicians, celebrities and criminal justice reform campaigners who said his case was typical of a U.S. legal system that treats minorities unjustly. The rapper is African-American.

"I'd like to thank the Pennsylvania Superior Court for overturning my conviction and granting me a new trial," Mill said on Twitter. "The past 11 years have been mentally and emotionally challenging, but I'm glad that justice prevailed and my clean record has been restored."

The Philadelphia District Attorney's Office said in a statement it welcomed the appeals court decision and was reviewing its options regarding a new trial.

A representative for Judge Brinkley did not immediately return calls.

> **"The past 11 years have been mentally and emotionally challenging, but I'm glad that justice prevailed and my clean record has been restored."**
>
> **Meek Mill**

Mill's song "Going Bad," on which he collaborated with Drake, hit No. 6 on the U.S. charts this year. His other hit songs include "All Eyes on You" and "Dangerous."

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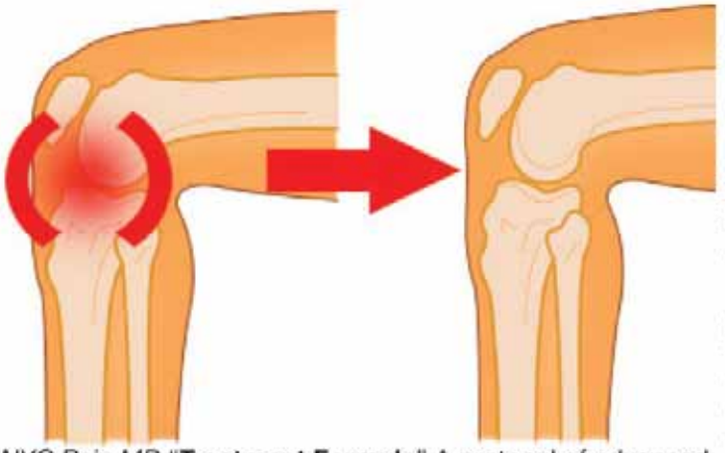

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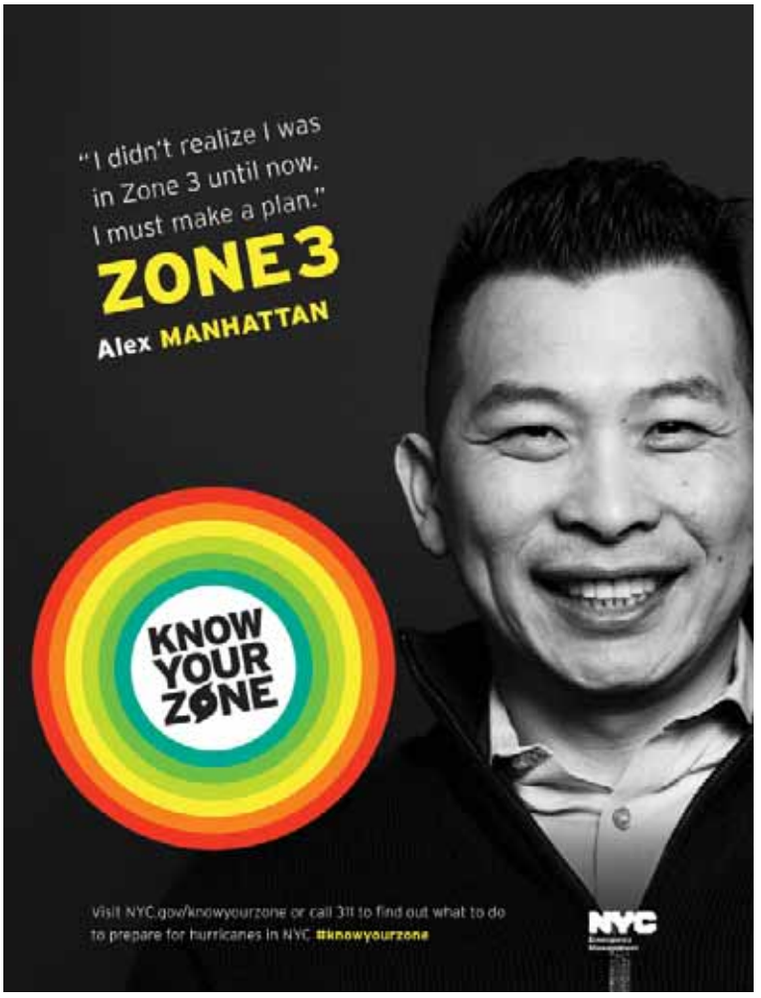
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Screen action legend Rutger Hauer dies

The actor, 75, was best known for his role in the sci-fi classic "Blade Runner."

Actors Rutger Hauer (left) and Mickey Rourke. REUTERS

Dutch actor Rutger Hauer, best known for his role in science fiction classic Blade Runner, died on July 19 after a short illness, Dutch news agency ANP reported on Wednesday, citing his family. He was 75.

Hauer, whose funeral took place in the Netherlands on Wednesday, appeared in a total of over 100 Dutch and international movies. He won a Golden Globe in 1988 for his role in Escape from Sobibor.

In Blade Runner, Hauer played the part of android Roy Batty, the adversary of "blade runner" Rick Deckard, played by Harrison Ford.

Hauer starred in Dutch classics and Hollywood blockbusters as well as in a whole range of B-movies, in which he was mostly cast as the villain.

"I'm not very good at judging movie scripts," he said in 1994, adding that the less budget a movie had, the more they were willing to pay him.

Hauer, who led a quiet life in the north of the Netherlands when not in Hollywood, used his money and fame to help children and pregnant women with HIV/Aids through his non-profit Starfish Association.

Dutch director Paul Verhoeven, who made five movies and TV series with Hauer, said he had lost his "alter ego."

"He was to me what Marcello Mastroianni was to Fellini. I have only good memories." REUTERS

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Ex-pro football players face higher heart risks

Former players from the National Football League may face an increased risk of a type of irregular heartbeat that could lead to stroke, a new study suggests.

Researchers found that retired NFL players were nearly six times as likely to develop atrial fibrillation as men of the same age in the general population, according to results published in the Journal of the American Heart Association.

"We have to be aware that athletes who participate in these kinds of sports, particularly retired NFL players, do have an increased risk of atrial fibrillation compared to the general population," said Dr. Dermot Phelan, director of the Sports Cardiology Center at the Cleveland Clinic in Ohio and the study's senior author. "Athletes need to make sure they continue to go for annual physicals where this can be checked out."

GETTY IMAGES

Atrial fibrillation occurs when the electrical impulses that spark each heartbeat fire erratically. That causes the atria, the top chambers of the heart, to almost quiver rather than pump blood out, which can result in blood pooling and clotting. If a clot in an atrium travels to a blood vessel that leads to the brain, there can be a stroke.

The American Heart Association estimates that more than 2.7 million people in the U.S. experience atrial fibrillation — sometimes known as AFib — making it the most common irregular heart rhythm.

Studies have linked long-term participation in endurance sports such as marathon running with an increased risk of atrial fibrillation. Phelan and his colleagues suspected that a similar connection might be found in sports that require muscle strength.

To test the hypothesis, the researchers compared 460 retired pro football players to 925 men from the Dallas Heart Study, who served as the control group. Both groups of men were middle-aged and about half in each group were African-American.

In both groups, information on participants' history of high blood pressure, high cholesterol, diabetes, coronary artery disease, stroke and heart failure came from self-reports and were not measured. REUTERS

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Now in its 45th year, HARLEM WEEK celebrates all the history and culture that makes Harlem unique. Running from July 28 to August 31 and with over 100 events, ranging from the Harlem Jazz & Music Festival (August 24 to August 31) to Harlem Restaurant Week (August 19 to September 1), there is something for everyone. This year's theme — *Our Local History Creates a Global Impact* — recognizes the very special impact this incredible neighborhood has had on the rest of the world in everything from music and literature to activism and food. For the full calendar of events, check out **www.harlemweek.com. Highlights include:**

A GREAT DAY IN HARLEM

SUNDAY, JULY 28

U.S. Grant National Memorial Park (Riverside Dr. b/w W. 120th St. & W. 124th St.)

- International Cultural Showcase — 1–3pm
- Regional Gospel Caravan — 3–4:15pm
- Fashion Fusion — 4:30–5:30pm
- "A Concert Under the Stars" Harlem Music Festival — 6–8:30pm

NEW YORK CITY ECONOMIC DEVELOPMENT DAY

THURSDAY, AUGUST 8

Columbia University (Broadway b/w 114th St. & 116th St.)

- Business Summit — 9:30–11:30am
- Health Summit — 9:30–11:30am
- Public & Private Sector Business Expo — 10am–3pm
- Outdoor Farmers Market — 10am–5pm
- Basil Paterson Business Awards Luncheon — 12–2pm
- Technology Meet-Up Summit — 3–5pm

"SUMMER IN THE CITY"

SATURDAY, AUGUST 17

- Uptown Saturday Concert — 12–9pm
  W. 135th St. b/w St. Nicholas Park & Malcolm X Blvd.
- Higher Education Fair & Expo — 12–5pm
  W. 135th St. b/w ACP, Jr. Blvd. & Malcolm X Blvd.
- Dancing in the Streets | HAA Artz Rootz & Rhythm | Fashion Flava | Memphis/Harlem Artists — 12–6pm
  St. Nicholas Ave. Stage (W. 135th St. b/w St. Nicholas Park & 5th Ave.)
- NYC Children's Festival Part I — 12–5pm
  W. 135th St. b/w Malcolm X Blvd. & 5th Ave.
- Harlem "Spelling Bee" — 3–5pm
  Schomburg Center for Research in Black Culture
- Memphis/Harlem Artists | ImageNation Film Festival Screening of *If Beale Street Could Talk* — 6–9pm
  St. Nicholas Park Great Lawn (W. 135th St. & St. Nicholas Ave.)

HARLEM DAY

SUNDAY, AUGUST 18

W. 135th St. b/w St. Nicholas Ave. & 5th Ave.

- Parade of Automobiles — 9–10am
- Upper Manhattan Auto Show — 10am–4pm
- Business Expo — 12–6pm
- Health Village — 12–6pm
- Sundae Sermon | Apollo Amateur Hour | HAA Artz Rootz & Rhythm | Concert featuring Ray Chew & The Crew — 12–7pm
  St. Nicholas Ave. Stage (W. 135th St. b/w St. Nicholas Park & 5th Ave.)
- Back to School Fashion Show | Taste of Broadway — 12–7pm
  YMCA Stage (W. 135th St. b/w ACP, Jr. Blvd. & Malcolm X Blvd.)
- Tribute to Cal Ramsey | Auto Show Awards | NYC Children's Festival Part II | Memphis/Harlem Artists — 12–7pm
  W. 135th St. b/w Malcolm X Blvd. & 5th Ave.

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— **R. Cory**, *Metro New York reader*

ISTOCK

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Aries Be careful what you reveal to others. Someone will use the information you share against you. A personal matter needs to be addressed before you can make a positive move.

Taurus Maintain balance and integrity, regardless of what others do. If you stay calm and focus on what's important to you, everything else will fall into place. Romance is highlighted.

Gemini Make a domestic or relationship adjustment. You don't have to put up with abuse or someone's bad habits. Do whatever it takes to make your life better.

Cancer If you want something to happen, it's up to you to do the legwork. You can make a difference if you put your energy toward a cause or project that matters to you.

Leo Refuse to let the actions of others upset you. Look for the positive in everything, and make choices based on knowledge and experience, not on what others lead you to believe.

Virgo If you gather information about your heritage, you'll come across something that intrigues you or provides insight into your personality. Romance will enrich an intimate relationship.

Libra Draw on your experience to help you make a decision. You'll have to take action if you want to avoid being put in a position that disrupts your status or reputation.

Scorpio Channel your energy into your responsibilities, profession or anything that will help you get ahead. Use your experience, charm and wisdom to entice others to see things your way.

Sagittarius Think big, but be moderate when spending money, consuming food and drink or making promises you may not be able to keep. Focus on knowledge, personal growth and health.

Capricorn The changes you make at home will affect your relationships or possibly go against code. Get your facts straight and your plans approved before you begin.

Aquarius Refuse to let others' actions influence you emotionally. If you dwell on what you cannot change, you will miss out on something that you can do to make your life better.

Pisces Participate in functions that make a difference in your community or bring someone from your past back into your life. An offer you receive will grab your interest. EUGENIA LAST

Actress Adrienne C. Moore on the final season of *'Orange Is the New Black'*

JOJO WHILDEN

The seventh and final season will be available to stream Friday, July 26. **PAT KING**

This weekend, the hit Netflix original series "Orange Is the New Black" will be closing the chapter on the inmates of Litchfield Prison for good. In this seventh and final season, the show remains as vibrant and of-the-moment as ever while giving fans conclusions to some of the characters they've come to love over the years. I caught up with actress Adrienne C. Moore, who plays Cindy on the show, to reflect on the impact of the show and what fans can expect of its final season.

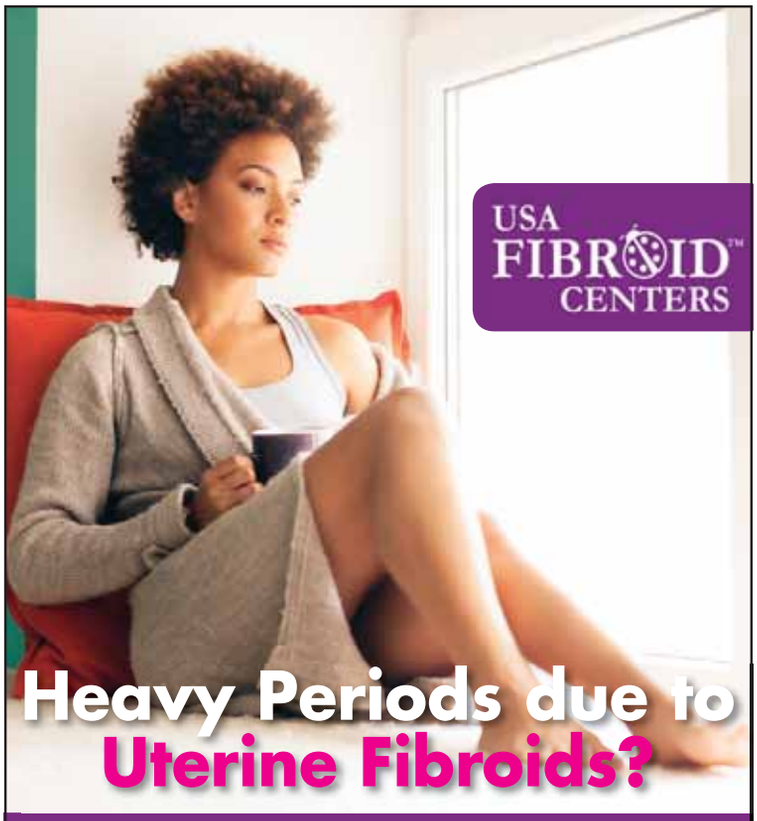
This is the final season of "Orange Is the New Black," and we have seen the characters, such as Cindy, develop in huge ways. It must be amazing to look back at the show from where it began in Litchfield.
Yeah, well, the biggest thing I think for me — and I'm not speaking for everyone — but I can kind of speak for a lot of people in saying we've known this truth and we've lived with this reality for a while. So, while the magnitude of it is, yes, it's incredible and it sinks in like, "Wow, I'm not going to be working on 'Orange' after February," I think a lot of us had that reality back in February. We were filming the show all of last year and the top of this year. It was like we have been running this race for a long time. It's like, now you guys are seeing where we've been running since last year. I definitely had my moments of, you know, it's bittersweet. It's a ton of sadness but a lot of elation because seven years, to me, is a number of completion. That just means that there is a new chapter on the horizon. So, there is an excitement to look forward to that, while also knowing that I am not going to see so-and-so as much as I used to see them, I wonder if I'll stay in touch with so-and-so after this is over. We all got together a couple months ago because it was in time and the award nominations and for-your-consideration moments, and so that was us seeing each other since we had wrapped the show in February. And it was kind of like, at that point so many people had moved on to new and exciting projects and it was kind of like, okay, we got to jump back into this world. So, it was kind of like I am jumping back into this world and those feelings and emotions that I thought I had put to bed back in February.

It's one of the strongest TV ensembles maybe ever. Your performance in this season is incredible. Did working with such talented actors and actresses, as well as Jenji Kohan, help you elevate your game?
You definitely have to elevate your game, not only on set but the game elevation starts when Jenji and the writers send us the script, because they don't mince words, they don't apologize, they don't hand-hold. They're about telling and exposing the truth, challenging how we view things and how we see people. And so, it began there, with them writing this provocative story about these inmates who most people would have disregarded as criminals and not thought twice about. When you get the script and you see who these characters are that they're trying to reveal to the world there is a sense of, well, "I just can't get up there and say the lines, I have to bring this character to life. I have to make their story worth telling because there are so many stories." Every sentence has a story and there are so many women's stories to tell that you want to hear from, so to be a part of a show for seven seasons that gave light to Jenji's story was an honor and I didn't take it lightly at all.

Has the show given you a new perspective on the prison system in America?
I feel this opportunity was sort of beckoning me even before I was made aware. When I was in high school, I interned for the U.S. Attorney's Office. When I was in college, I worked in politics. I worked for the government, so I felt like I kind of got a sense. I would visit prisons. One of my close friends was a former chief of staff for one of the largest prisons in Georgia, so I had a chance to visit inmates and talk to them and get their perspective. So, I definitely became entrenched in the war. I used to even watch "Scared Straight" as a teen [laughs]. So, we actually did an episode that was similar to "Scared Straight" and I was like, "Oh, watch this episode before I know what to do!" This was definitely bringing all the experiences that I've had over the years, dating back since my childhood, and it culminated in this beautifully thought-provoking, engaging, challenging, heart-wrenching yet funny show, "Orange Is the New Black." Yeah, I definitely think it was a part of my future before I even realized it.

Cindy and Taystee's relationship has been uprooted from their strong bond in the earlier seasons. Where will we see their relationship going in the final season?
That will continue to bomb in the new season. I think Cindy definitely wants to make amends because she loves her friend and she wants to reconcile, but unfortunately that opportunity needs to happen. It's unfortunate, that's the reality a lot of times with inmates. A lot of times, inmates are put in those kinds of predicaments where they realize I'm damned if I do, damned if I don't. If I tell the truth, they're not going to believe me. If I tell a lie, are they going to believe me? So, it definitely did hurt their relationship and she tries to make amends for that in this season and, unfortunately, that didn't happen. I think that's what happens a lot, and as unfortunate as it is, that's a reality that we wanted to paint between inmates in these scenarios because they are your family. They become your family, and sometimes families break apart over misunderstandings.

The season has never shied away from tackling ripped-from-the headlines subjects, like for-profit prisons and police brutality. What can you tell us about the final season?
What I like about every season that ends is that there's always the possibility for a new beginning and it leaves you wondering, what is that new beginning going to be? I think for some inmates you'll learn what their new beginning will be and others you'll still be kind of questioning. I think that, as a person who has been a fan of not only this show but other shows that have invoked that kind of audience response from people, you always want to leave it where you know some things and other things you just won't. But, what's going to happen? You want it to end on a high note and I definitely think we did that this season. I definitely think we gave some characters the closing that fans wanted. Others, we gave them a closing that fans didn't want. And then some you don't know but you hope the best for them. Like with Cindy, you hope that she will learn from her mistakes and she will learn to move forward and she will learn to be her authentic self, but also to take responsibility. To take responsibility for what and how she contributed to things being the way they are.



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Leonardo DiCaprio and Brad Pitt star in "Once Upon a Time in Hollywood." ANDREW COOPER

Quentin Tarantino is firing on all cylinders with 'Once Upon a Time in Hollywood'

The filmmaker's ninth film hits theaters this weekend. **PAT KING**

Well, summer just got a little better, ladies and gentlemen. Here comes Quentin Tarantino. For his ninth feature — and possibly his penultimate full-length — the ever-eccentric filmmaker has decided to take on the glory days of 1960s Hollywood and the evils that co-opted the hippy generation of their chance to spread their message in a positive and meaningful way. The film, "Once Upon a Time In Hollywood," opens today in select theaters and finds Tarantino firing on all of his creative cylinders that made him such a singular voice in modern film.

Like his best work, "Hollywood" is an ensemble affair that follows multiple story lines that intersect in the end. The first is the friendship of TV and film actor Rick Dalton, played by Leonardo DiCaprio, and his longtime friend and stuntman Cliff Booth, played by Brad Pitt. Dalton was once a TV star who tried and failed to leave a successful show to transition into a leading man on film. We catch up with him amidst his slow climb back into relevance as he chases small parts as "heavies" on prime-time television. After he has been stripped of his license after getting caught drinking and driving, Booth has transitioned from taking the hits for Dalton to driving him to and from gigs and juicing up his fragile ego.

The two are inseparable friends, and their relationship is one of the best on-screen friendships to grace the silver screen in some time. Both leading actors dig into their roles with such a sense of fun that their camaraderie is nothing short of infectious.

While Dalton is down and out, career-wise, he learns some valuable advice early on to buy property in Hollywood. Tarantino uses this story line to put Dalton as a next-door neighbor to actress Sharon Tate and her famous director husband, Roman Polanski, on Cielo Drive. The narrative device gives Tarantino the poetic license to retell the events of the Manson family attacks on Tate, played by Margot Robbie, and Polanski that fateful night. Without any spoilers or cameo reveals, the film is chock-full of surprises that will be talked about well after its release.

With Tate's story line, Tarantino takes the opportunity to introduce the actress to a new audience that may have only known her from the grim headline. He takes her back from the Manson narrative, showing her as the eager and kind budding starlet that she was. In one scene, she heads to a matinee screening of the Dean Martin-starring action-comedy film, "The Wrecking Crew," in which she plays the comic relief. After convincing the theater staff that she is who she says she is, she sits down to enjoy while Tarantino chooses not to superimpose Robbie into the film, leaving in footage of the actual slain actress.

Another masterful sequence shows Dalton trying to make an impact as the villain on a big network western show and grappling with his insecurities while the production tries to work around his inner crisis. While Tarantino shows you how a western is made, we also follow Booth as he has a showdown with the Manson family at their adopted Spahn Ranch home. This scene plays beautifully against the other, as the tense meet-up on the ranch borrows heavily from the tropes of famous westerns of the day.

When Tarantino hits that narrative spike with a sledgehammer, you can almost picture him enthusiastically pitching his ideas with a crazed look in his eyes to a room full of film executives, acting out dialogue and expanding upon his vision with his motor-powered wit. All of that infectious energy is on full display with "Hollywood" and results in the most all-out fun and well-constructed film the director has made in years.

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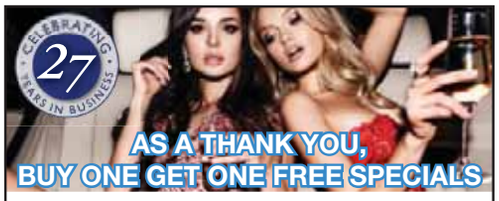

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Turning a new fitness 'Paige' during pregnancy

Being pregnant doesn't mean putting your workout routine on pause. Fitness superstar Paige Hathaway shares tips on how to be the best you during pregnancy.

JEFF TOMKO

It takes one look at her social media page to conclude that Paige Hathaway's body is her paycheck, namely her rock-solid abs.

But when the flawless fitness model's sculpted six-pack, which has graced countless fitness magazine covers and has earned her over 4 million Instagram followers, began giving way to an expanding baby bump, well, even Hathaway became a bit overwhelmed by her body transformation.

"I'm not gonna lie, gaining 30 pounds so far has been difficult because I'm so used to having abs," Hathaway, 32, admits. "Even my muscle definition has gone down because of gaining a lot of water weight."

Starting a family has been a goal for the 32-year-old for a while, and after the initial body-change shock, Hathaway quickly learned that it's now all about baby.

"This pregnancy has taught me so much already," she says. "It's taught me how to not be selfish and put my baby first. As long as she's healthy and growing on the right track, that's all that matters.

Hathaway's child-first mentality, however, doesn't mean putting a pause on her vigorous workout routine — and it doesn't have to for most expecting mothers.

While studies have shown that many women may reduce their exercise during pregnancy, especially toward the third trimester, it's been proven that maintaining a consistent exercise regimen greatly benefits women during this time.

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PROVIDED/COURTESY OF PAIGE HATHAWAY

ies, maintaining a strong core may possibly help improve stamina when it comes time for delivery.

For Hathaway (@PaigeHathaway), after getting used to her body changes, especially her baby kicking ("It really is kind of like being possessed by an alien," Hathaway says; "Wow, what a feeling!), it took a few easy tweaks to continue performing most of her normal (and well-documented) routine. She's eliminated exercises involving abdominal crunching — squats, leg presses — from her workout. "Bringing my stomach to my knees is uncomfortable to me and I don't want to put too much pressure on my midsection," she says.

Hathaway, a Liv Body pregnancy-safe supplement spokeswoman ("Use code PAIGE20 at checkout," she says) also opts now for upper-body exercises from an incline to reduce lower-back stress.

Based on her experience as an expecting mother, Hathaway says there's no reason women can't continue doing their normal routine.

The biggest misconception among exercise during pregnancy, she says, is that you need to scale back your workout, or modify your routine with such watered-down (read: boring) exercises that it's no longer fun to work out. Quite the opposite, she says, as long as you're able to find balance between listening to your body and pushing too hard. And also, listen to your doctor.

From there, continue pumping iron, training for your next marathon, or just taking long, relaxing walks — there's no need to skip your workouts. Hathaway, who says she maintains her four- to five-day-a-week workout schedule, still says go all-in with your workout — safely, of course.

"Go on, mama, lift those weights while you're pregnant," Hathaway says. "Whether you ran marathons, did CrossFit or Pilates, or played sports, go on with your bad self and continue to be awesome."

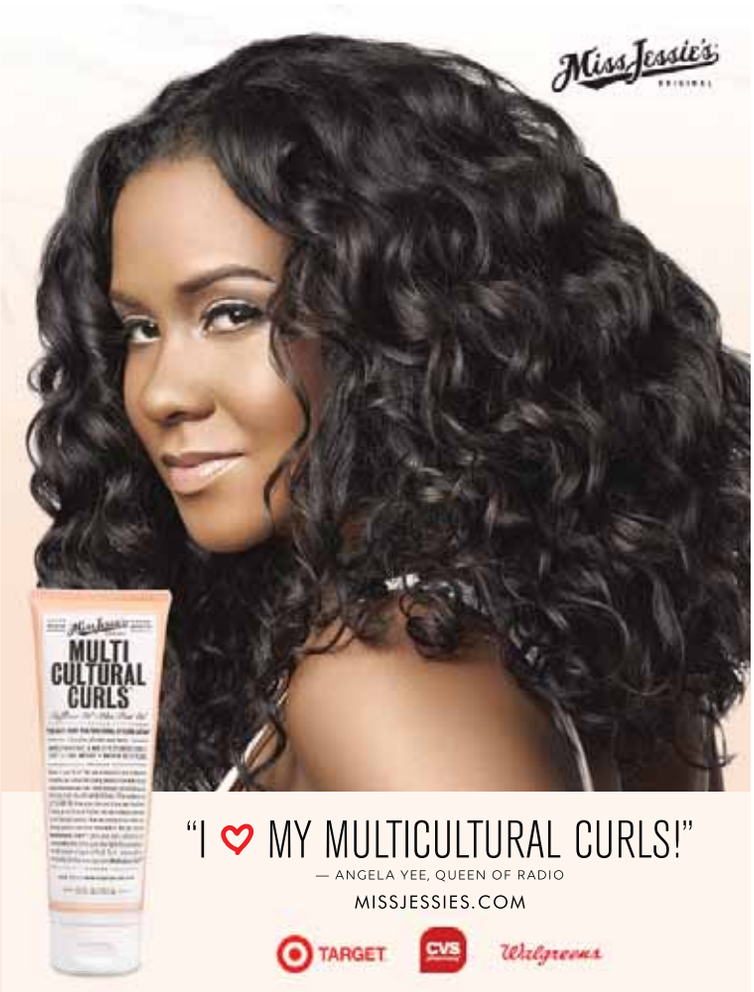
Paige's pregnancy workout

Hathaway admits that there are days during her pregnancy when fatigue affects her workouts. So don't feel like you're alone. The fitness superstar put together this effective and easy-to-perform full-body workout that can be done virtually anywhere. "You're working extra-hard to create this little tiny human inside you," Hathaway says. "Here's the perfect workout you can perform at home or at the gym that'll help you save time."

Instructions: Perform 2 to 3 sets, 10 reps each

- Squat to Dumbbell Arnold Press
- Seated Pistol Squats
- Lunge to DB Biceps Curls
- Glute Bridge to Incline Alternating DB Chest Press
- Side Lunge to Single-Arm Row
- Kneeling Lunge to Overhead Press
- DB Row to DB Deadlift
- Modified Burpee (placing a bench in front of you, place your hands to bench, then step legs back, sort of resembling a plank position. Then bring legs back to front, and reach up on your toes (don't jump)

For more post-baby programs, go to fitin5.com.



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Thu 7/25

Featured

Amazon's Holiday in July
@ 11am
Amazon is putting a little jingle in July and you won't want to miss it! Union Park Events, 5-7 East 17th Street, New York. #3106868863

Featured

106.7 LITE FMs Broadway in Bryant Park With Aladdin, Frozen & The Lion King
@ 12:30pm
106.7 LITE FM's Broadway in Bryant Park Disney on Broadway Takeover With Aladdin, Frozen & The Lion King Bryant Park, 6th Avenue between 40th and 42nd Streets, New York. #2129815260

Featured

RapCon
@ 2pm
RAPCON is a VIP think tank for first movers in Hip-Hop discussing the state of Rap and cross industry collaboration. National Sawdust, 80 North 6th Street, Brooklyn. #8664714749

Paint the Savanna Sunset
@ 5pm / $10
Paint the Savanna Sunset Bloomingdale's, 504 Broadway, The Carousel on 2, New York. #6465826420

The High Kings
@ 7pm
City Winery - New York, 155 Varick Street, New York

Featured

Native Sounds Downtown! Featuring Raye Zaragoza
@ 5pm
Singer-songwriter Raye Zaragoza (Akimel O'otham descent) performs music inspired by her dedication to justice and equality for all. National Museum of the American Indian, 1 Bowling Green, New York

Editor's Pick

Oysters 101: The Secrets NYC's Bivalves Harbor
@ 6:30pm / $5-$10
From feeding happy hour hordes and filtering New Yorkers' sewage, to protecting the shore from intensifying storms and educating nascent scientists, oysters shell out countless benefits to Gotham's cu Brooklyn Historical Society, 128 Pierrepont Street, Brooklyn. #7182224111

Toni Stone
@ 7:30pm
Laura Pels Theatre, 111 West 46th Street, New York

AFROPUNK Battle of the Bands: Night Two
@ 8pm / $5
Knitting Factory, 361 Metropolitan Avenue, Brooklyn

Ryan Rickenbach: Adelaide Release Show
@ 8pm
Coney Island Baby, 169 Avenue A, New York

The Rolling Stone - Theater
@ 8pm
Lincoln Center- Mitzi E. Newhouse, 150 West 65th St., New York

Chris Webby
@ 8pm
S.O.B.'s, 204 Varick St, New York

Mojada
@ 8pm
Public Theater - LuEsther Hall, 425 Lafayette Street, New York

Fri 7/26

Featured

Harlem Jazz Series - Jorge Sylvester
@ 7pm / $20
A unique innovator in the idiom of creative music, Jorge Sylvester's sound is reminiscent of another time in jazz history . Fire!!!!! Greater Calvary Baptist Church, 55 West 124th Street, New York. #212-662-7779

Sat 7/27

Featured

Fiddler On The Roof
@ 2pm
Stage 42, 422 West 42nd Street, New York

Editor's Pick

The Office! A Musical Parody
@ 2pm / $57
The Theater Center, 210 W. 50th Street, New York

Featured

Katya Zamolodchikova
@ 7pm
Town Hall-NY, 123 W. 43rd St., New York

Featured

Iron Maiden
@ 7:30pm / $50
Iron Maiden will be performing at Barclays Center on Saturday July 27, 2019. Barclays Center, 620 Atlantic Avenue, Brooklyn

Sun 7/28

George Coleman Quintet
@ 9:30pm
Jazz Standard, 116 East 27th St., New York

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All Star Stand Up Comedy
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Broadway Comedy Club, 318 W 53rd S, New York

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Mon 7/29

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Mercury Lounge, 217 East Houston St., New York

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@ 8pm
Hudson Theatre -NY, 145 W. 44th Street, New York

All Star Stand Up Comedy
@ 9pm
Broadway Comedy Club, 318 W 53rd S, New York

All Star Stand Up Comedy
@ 9:45pm
Greenwich Village Comedy Club, 99 MacDougal Street, New York

All Star Stand Up Comedy
@ 11pm
Broadway Comedy Club, 318 W. 53rd St, New York City

Tue 7/30

FIAF Cinesalon - The Young Girls of Rochefort
@ 7:30pm / $14
Florence Gould Hall at FIAF, 55 East 59th ST, New York

The Rolling Stone - Theater
@ 8pm
Lincoln Center- Mitzi E. Newhouse, 150 West 65th St., New York

All Star Stand Up Comedy
@ 9pm
Broadway Comedy Club, 318 W. 53rd St, New York City

MajorStage Presents: King Kogen
@ 10pm / $15-$20
S.O.B.'s, 204 Varick St., New York

Wed 7/31

WEBINAR: Need-to-know tactics for growing your business on social media
@ 5am / $50-$100
The Sasha Group, 1261 Broadway, New York, NY

Simplicities of Personal Finance - SD
@ 10am / Free
Online - Zoom App, San Diego

"Pip's Island: The Lighthouse Rescue"
@ 10:30am / $39
Pip's Island, 400 W. 42nd Street, New York

Sadie Nash 2019 Summer Institute Site Visit- BROOKLYN
@ 11am / Free
Brooklyn Emerging Leaders Academy Charter High School, 125 Stuyvesant Avenue, Brooklyn

Puss in Boots
@ 11:30am / $8-$12
Swedish Cottage Marionette Theatre, w 79th St. and West Drive (inside Central Park), Enter at w 81st St. and Central Park West, New York

Editor's Pick

Uptown Bounce: August 7
@ 6pm
Free! Join the Museum of the City of New York and El Museo del Barrio for our free summer block party series celebrating East Harlem at the top of Museum Mile. 1220 5th Ave, 1220 5th Avenue, New York

Featured

Barry Manilow
@ 7pm / $99-$299
Lunt-Fontanne Theatre, 205 West 46th Street, New York

Featured

Joan Osborne
@ 8pm
City Winery - New York, 155 Varick Street, New York

Editor's Pick

Lights
@ 9:15pm
Bowery Ballroom, 6 Delancey Street, New York

Thu 8/01

Editor's Pick

Webtalk Invite Day - New York City - USA
@ 12am / Free
Bethesda Fountain, Central Park, New York City

Traveling to the Antarctic and Arctic is easier than ever

Quark Expeditions launched a brand new ship that makes traveling to the Antarctic and Arctic accessible.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

An image from one of the zodiacs. DAVID MERRON

Traveling to the Antarctic or Arctic is easier than ever. If you ever wanted to take a trip to the North Pole — or stop by Santa's workshop — you're in luck, that dream is now a possibility. Quark Expeditions is the first company to bring tourists to the polar regions. They've been working in the polar regions for over three decades.

Andrew White, the president of Quark Expeditions, told the press that, "Once this place gets to it, it stays with you."

As he spoke with press about his polar travels, images filled the room with the sights and the sounds of these vast wildernesses. The sounds of birds and other creatures brought to life this rugged paradise. The visuals invited and encouraged viewers to be a part of it all. Part of its beauty, part of its symphony, and part of its world. From that alone, it's easy to see how the quickly the polar regions can captivate a person.

Before I heard about Quark Expeditions, I never thought traveling somewhere so elusive was even possible. It was embedded in my mind that the Antarctic and the Arctic were places only elite scientists and explorers to go. I never thought it was somewhere the average person could travel too.

If you're interested in making a trek to either pole, Quark is launching a brand-new polar expedition boat called the Ultramarine. The Ultramarine is first set to take sale in the Antarctic in 2020/2021.

White said in a press release that, "This one-of-a-kind ship will provide passengers from across the globe an ultra-immersive, ultra-inspiring, ultra-exciting polar experience second to none."

This adventure caters to all different interests which will now include flightseeing (on a helicopter), hiking, stand-up paddleboarding, and other exciting expeditions. Although there is no guarantee that you will see wildlife on any expedition, there is a strong possibility you might spot some Humpback whales, penguins, seals and more.

The new ship offers the largest cabins available for a vessel in this class. Each room features a small deck, so even while you're in bed, you can still take in all the beautiful sights.

White also spoke about something he often experiences when traveling to these rugged terrains, and he calls it "maximum aliveness." At first, the concept seemed hard to understand, but he explained that "maximum aliveness" means, "We become more alive by simply changing our environments, particularly through adventure. When we intentionally put ourselves in a unique setting where we can no longer count on things as they were, our senses become more finely attuned and our instincts sharpen—it's a sure ticket to revitalized awareness."

For more information and to book your next trip, check out quarkexpeditions.com

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Should the Yankees take a flyer on former NY ace Matt Harvey?

The former Mets star was released by the Angels earlier this week.

JOE PANTORNO
joseph.pantorno@metro.us

Matt Harvey is running out of chances to stick in the majors. GETTY IMAGES

Could former New York Mets hurler Matt Harvey make a return to New York?

It's a long-shot, but it's something the Bronx Bombers might want to consider.

All recent reports have indicated that the New York Yankees are going hard after a left-handed arm in an attempt to bolster their pitching staff for the stretch run.

That immediately takes the righty Harvey out of the running, right?

With one week remaining before Major League Baseball's Jul. 31 trade deadline, the Yankees are linked with the likes of Madison Bumgarner, Mike Minor, and Robby Ray — all southpaws.

It's understandable as to why they are looking to add some left-handed clout to the rotation seeing as it's been difficult for the organization to consistently rely on James Paxton, JA Happ, and the swansong-ing CC Sabathia.

However, the Yankees can't afford to be picky in situations like this, especially if they believe that starting pitching is the one factor that could derail a World Series title.

New York has done its due diligence on righties, as well. Toronto Blue Jays All-Star Marcus Stroman, along with a pair of Mets in Zack Wheeler and Noah Syndergaard have also been rumored to be on the Yankees' radar.

While a trade for assistance is on the way — Yanks' GM Brian Cashman said it will happen — a smaller move on the free-agent market could provide the organization with low-cost, secondary help.

That's where Harvey comes in.

The Los Angeles Angels released the 30-year-old on Sunday after a horrendous half-season experiment.

Harvey continued to be a shell of his former self, going 3-5 with a 7.09 ERA in 12 starts this season.

What a fall from grace it's been.

Harvey was tabbed as the next big thing in 2012 and quickly became one of the game's best young pitchers. In his first three MLB seasons — which included a missed 2014 campaign due to Tommy John surgery — he sported a 2.53 ERA.

But the avalanche of injuries, headlined by thoracic outlet syndrome which led to the removal of a rib, forced Harvey to basically re-learn how to effectively throw a baseball. A variety of off-field issues didn't help his standing in New York, either.

From 2016-2017, Harvey's ERA ballooned to 5.78 before he was relegated to the bullpen early on in the 2018 season. With a 7.00 ERA and a refusal to be demoted down to triple-A, Harvey was traded to the Cincinnati Reds where he went 7-7 with a 4.50 ERA.

Not exactly great, but there was evidence that the Harvey of old could still be reclaimed.

Why after a disastrous start to the 2019 season should the Yankees even entertain the thought of taking a flyer on Harvey?

If there is one place on the planet he could be restored, it will be in the Bronx.

Harvey grew up a Yankees fan, idolized Derek Jeter, and made no secrets about it while he was a member of the Mets.

There would be no greater revitalization of the veteran than by simply putting on the uniform of his childhood team.

In his one start at Yankee Stadium back in 2015, Harvey put on a show. He went 8.2 innings and allowed just two runs on five hits with seven strikeouts.

He's not the same pitcher now, but there is still the chance he could find a sliver of what made him great with the Mets in the right situation.

Now would be the perfect time for the Yankees to find out seeing as his value can't be any lower.

Cashman could bring in Harvey on a bargain deal for the last two months of the regular season to add another option to the shaky rotation.

With a comfortable lead atop the American League East, the Yankees could afford to use two games as a tryout for Harvey. At this point, August and September will be a tune-up for the playoffs.

If Harvey struggles as he did in Los Angeles, then the experiment is over.

If there is any indication, however, that he has something left in the tank, then the Yankees could stumble upon the find of the summer and bolster their pitching staff in the most unlikely way possible.

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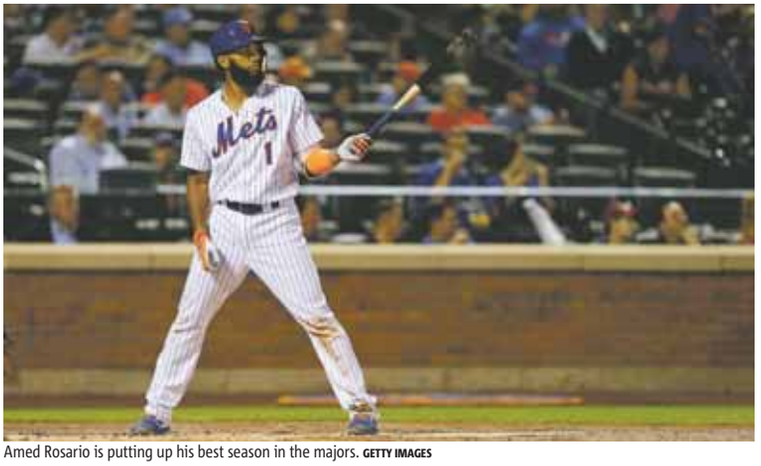


Amed Rosario is putting up his best season in the majors. GETTY IMAGES

WHAT DO METS FANS WANT FROM AMED ROSARIO?

PANTORNO'S PERCH

JOE PANTORNO
@JoePantorno

New York Mets fans understandably have a right to be angry all the time.

A big-market franchise that has played little brother to the Yankees for most of its existence is being run like a franchise in Fargo, North Dakota, by clueless owners and an agent-turned-general-manager.

The Mets have seemingly been rebuilding every other year since 1990. They refuse to pursue big stars consistently to make the team better and mismanage their players so horribly that they become serviceable members/borderline stars on other teams.

Just look at Justin Turner and Daniel Murphy. Heck, even Travis d'Arnaud is ripping it up with the Tampa Bay Rays right now.

So here the Mets are, languishing near the 10-games-under-.500 mark once again as we near the dog days of summer as they hang on to a sliver of postseason hopes for dear life.

As baseball fosters the illusion of hope, though, there are things for the organization to be excited about — mostly in the form of NL Rookie of the Year favorite Pete Alonso and the hitting machine that is Jeff McNeil.

Even Dominic Smith has shown flashes of being the top offensive prospect the Mets expected two years ago as he's developed into a productive bat off the bench.

That acceptance and optimism for younger Mets stars abruptly stops with Amed Rosario, however.

A faction of the Mets fan base seems to be fed up with the 23-year-old who was the organization's No. 1 prospect as recently as 2017.

But what are they expecting from the young shortstop?

There are going to be growing pains, which have been apparent over his first three MLB seasons. His defense has not been sterling and his bat has taken some time to develop.

Yet an impatient fan base hears the words "top prospect" and expects 25-to-30 home runs and 90 RBI the moment he's called up.

That's not how this works most of the time.

Rosario's first two years were concerning with a .255 batting average and 13 home runs in exactly 200 games. There's no denying that.

However, he's starting to put everything together in 2019 at least from an offensive standpoint.

He's been red-hot at the plate as of late, slashing .364/.403/.561 in his previous 18 games before Wednesday night's tilt with the San Diego Padres.

In just 97 games this year, Rosario already set a career-high with 11 home runs while his batting average was nearly 20 points higher at .274. His on-base percentage is also reaching new peaks at .314.

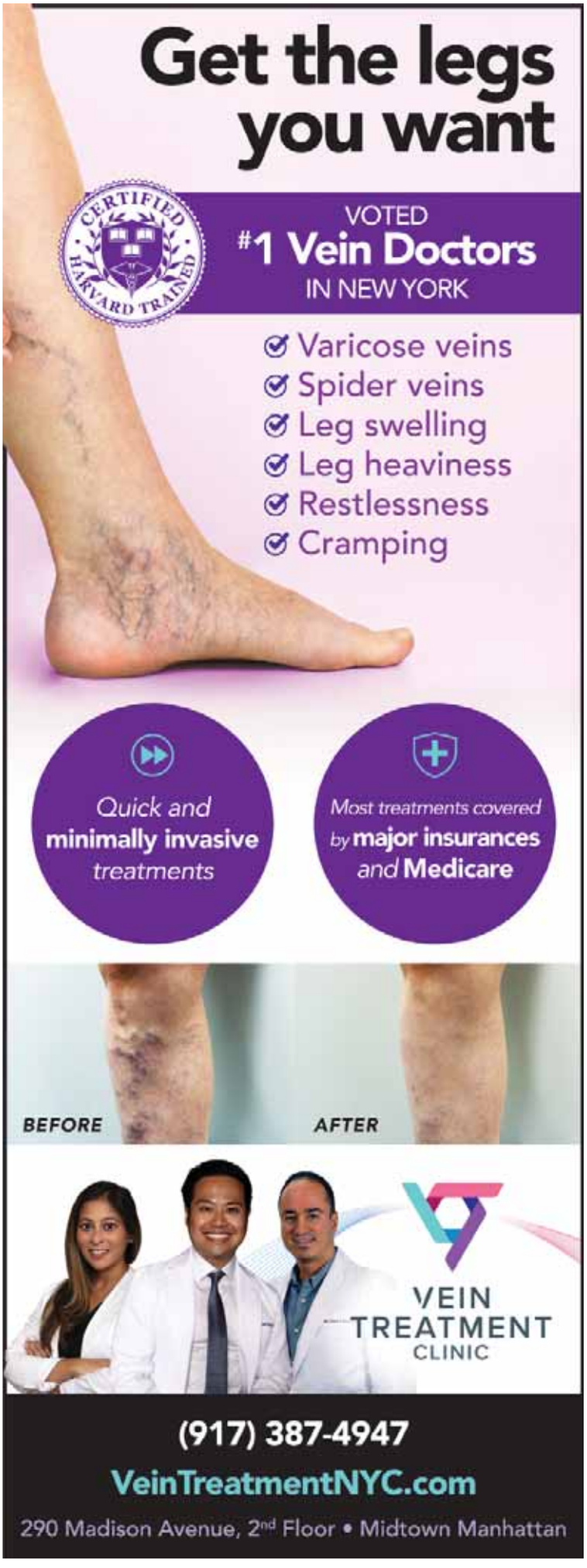
Forget the words "top prospect" for a moment because most of the time they set unrealistic expectations around young players. If you have a 23-year-old starting shortstop who is on pace to hit .275 with 18 home runs and 77 RBI in just his second full MLB season, you wouldn't take that?

He's only going to get better, too, as long as he can develop a bit more composure at the dish.

If you're concerned about his glove, the Mets might have to move him away from shortstop, anyway. The organization's next top prospect is also a shortstop in Andres Gimenez who is a much better defender.

While he's groomed to make the jump to the majors in the next few years, the Mets could start transitioning Rosario to center field seeing as they don't have a legitimate one now. They did so with Juan Lagares and he developed into one of the best defensive outfielders in baseball, however his bat has lagged amidst constant injury issues.

It's hard to preach patience in New York, but hold the phone before writing off Rosario.



Jets notes: Gase predicts busy winter

The new head coach thinks his team will be in the thick of a playoff hunt.

JOE PANTORNO
joseph.pantorno@metro.us

Head coach Adam Gase sees the Jets competing for a playoff spot toward the end of the regular season. GETTY IMAGES

GASE FORECASTS PLAYOFF PUSH:

Guarantees are usually a good thing when you're talking about the New York Jets.

And first-year head coach Adam Gase just made a pretty big one.

At team facilities in Florham Park on Wednesday, Gase laid down some high expectations for his squad.

"We're gonna play meaningful games at the end of November and December," he said. "That's what we're gonna do."

Translation: The Jets are going to be in the thick of the playoff hunt.

That would be a pretty sizable turnaround for a franchise that has gone a combined 9-23 over the past two seasons.

But the Jets could very well make a strong push for a Wild Card spot in 2019 given the transformation of the roster.

Second-year quarterback Sam Darnold was given a huge offensive weapon to work with in All-Pro running back Le'Veon Bell along with an upgrade at the slot receiver spot with Jamison Crowder.

The defense, though, is looking quite formidable after the acquisition of linebacker CJ Mosely before drafting defensive lineman Quinnen Williams.

One could make a very strong case for the Jets being the second-best team in the AFC East. But could they overthrow the Patriots in 2019?

NO PANIC SURROUNDING QUINNEN

When the Jets nabbed Williams with the No. 3 pick of the 2019 NFL Draft, many believed that the organization picked up the best overall prospect of the class.

It's a fair assessment given the rookie's ability to dominate in the trenches, as he showed at Alabama during a standout career. Williams also possesses the versatility to play any position along the line, as the Jets are teaching him how to function at every spot.

The problem is that Williams still has not signed his rookie deal as training camp starts up. Per NFL Network's Tom Pelissero, it's because of the proposed signing bonus payment schedule that would cost Williams $100,000.

It's not concerning Gase, yet.

"When he gets here, he gets here."

So we wait.

DARNOLD'S PRESENCE BEING FELT

If there were any concerns about Darnold's ability to lead a Jets team that is now gaining some big-time personalities, Gase is putting them to rest.

"When he speaks, they listen," Gase said of Darnold's ability to lead the offense.

That's music to Jets fans' ears as Darnold is the golden boy of the organization. After muddling through a difficult rookie campaign, things are looking up for the USC product as he looks to take the next step under the quarterback guru that is Gase.

So far, so good.

"It feels almost like a rebirth," Darnold said of life under Gase. "There's a lot of positive vibes in the building."

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 227 10th Ave., New York, NY 10011. New York County, for on premises consumption. Mermaid Chelsea LLC d/b/a The Mermaid Inn.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 232 Bleecker St., New York, NY 10014. New York County, for on premises consumption. Dig Inn 232 Bleecker St, LLC d/b/a Corner Dig.

NOTICE IS HEREBY GIVEN that a license Number 1317956, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 154-08 Northern Blvd., Suite 1F-6, Flushing, NY 11354. Queens County, for on-premises consumption. Dandy Enterprise Corp.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
U.S. BANK TRUST, N.A., AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Plaintiff AGAINST ELINOR CAMPBELL, et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated February 16, 2018 I, the undersigned Referee will sell at public auction at the Queens County Courthouse in Courtroom # 25, 88-11 Sutphin Boulevard, Jamaica, New York, on August 16, 2019 at 10:00AM, premises known as 129-22 144TH STREET, JAMAICA, NY 11436.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK 12067, LOT 67.
Approximate amount of judgment $549,684.20 plus interest and costs.
Premises will be sold subject to provisions of filed Judgment for Index# 709387/2015.
GARY DARCHE, ESQ., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221
64053

NOTICE OF SALE
SUPREME COURT
QUEENS COUNTY
WILMINGTON SAVINGS FUND SOCIETY, FSB, AS TRUSTEE FOR UPLAND MORTGAGE LOAN TRUST A, Plaintiff against KAZI HELAL, et al Defendants Attorney for Plaintiff(s)
Fein, Such & Crane, LLP,
28 East Main Street, Suite 1800, Rochester, NY 14614
Attorney (s) for Plaintiff (s).
Pursuant to a Judgment of Foreclosure and Sale entered May 24, 2019, I will sell at public auction to the highest bidder at the Queens County Supreme Court, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, NY 11435 on August 16, 2019 at 10:00 AM. Premises known as 32-01 77th Street, Flushing, NY 11370. Block 1173 Lot 1.
All that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York.
Approximate Amount of Judgment is $526,359.27 plus interest and costs. Premises will be sold subject to provisions of filed Judgment
Index No 705586/2013.
Lucille S. Digirolomo, Esq,
Referee CARC176

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS HSBC Bank USA, National Association as Trustee for Wells Fargo Asset Securities Corporation, Mortgage Asset-Backed Pass-Through Certificates, Series 2007-PA3, Plaintiff AGAINST Susan Coronel; Alex Coronel; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated February 2, 2017 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, NY, on August 23, 2019 at 10:00AM, premises known as 58-23 60th Place, Maspeth, NY 11378.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Block: 2727 Lot(s): 2.
Approximate amount of judgment $627,522.15 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 11927/13.
Kerry J. Katsorhis, Esq., Referee
Shapiro, DiCaro & Barak, LLC
Attorney(s) for the Plaintiff
175 Mile Crossing Boulevard
Rochester, New York 14624
(877) 430-4792
Dated: July 8, 2019
64421

NOTICE OF SALE
SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK, NATIONAL ASSOCIATION, Plaintiff against
ROSE NEDGEE JOLIDAS, et al Defendants Attorney for Plaintiff(s)
Fein, Such & Crane, LLP,
28 East Main Street Suite 1800, Rochester, NY 14614 Attorney (s) for Plaintiff (s). Pursuant to a Judgment of Foreclosure and Sale entered September 29, 2016, I will sell at public auction to the highest bidder at Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, New York 11435, in Courtroom #25 on August 16, 2019 at 10:00 AM.
Premises known as 113-44 199th Street, Saint Albans, NY 11412. Block 10993 Lot 326.
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Approximate Amount of Judgment is $530,932.02 plus interest and costs.
Premises will be sold subject to provisions of filed Judgment I ndex No 21212-13.
David Dikman, Esq.,
Referee XCHJC356

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, for a term of 2 years, under the Alcoholic Beverage Control Law at 39-17 Bell Blvd., Bayside, NY 11361. Queens County, for on-premises consumption. Cuban Restaurant of Bayside Inc.

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LEGAL NOTICES

SUPREME COURT -
COUNTY OF QUEENS
NYCTL 1998-2 TRUST AND
THE BANK OF NEW YORK
MELLON, AS COLLATERAL
AGENT AND CUSTODIAN,
Plaintiffs -against- MOHAMMED
R. KARIM; AZIZUR R. BHUIYA,
et al Defendant(s). Pursuant to
a Judgment of Foreclosure and
Sale entered herein on May 31,
2019, I the undersigned Referee
will sell at public auction at
the Queens County Supreme
Courthouse, 88-11 Sutphin
Blvd., in Courtroom # 25,
Jamaica, NY on August 23, 2019
at 10:00 a.m. premise situate,
lying and being in the Borough
of Queens, County of Queens,
City and State of New York,
known and designated as
Block 9843 and Lot 2
on the Queens County Tax
Assessment Map. Said premises
known as 87-25 HOMELAWN
STREET, QUEENS, NY.
Approximate amount of lien
$15,191.70 plus interest & costs.
Premises will be sold subject
to provisions of filed Judgment
and Terms of Sale.
Index Number 6561/2013
LUTHER V. DYE, ESQ., Referee
Philips Lytle LLC
Attorney(s) for Plaintiffs
28 East Main Street, Suite 1400
Rochester, NY 14614.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 1385 Broadway, Stores 5 & 6, New York, NY 10018. New York County, for on premises consumption. BC 1385 Broadway LLC d/b/a by Chloe.

NOTICE IS HEREBY GIVEN that a license, Number 1317054, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 3771 Broadway, New York, NY 10032. New York County, for on premises consumption. Tropical Spanish Food Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1319093, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 61-34 188th St., Store 12A, Fresh Meadows, NY 11365. Queens County, for on premises consumption. Blaze Pizza Fresh Meadows LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1297303, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 187 Graham Ave., Brooklyn, NY 11206. Kings County, for on premises consumption. Caro 187 LLC d/b/a Emblem.

NOTICE IS HEREBY GIVEN that a license, Number 1319519, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Bar under the Alcoholic Beverage Control Law at 6001 Strickland Ave., Brooklyn, NY 11234. Kings County, for on-premises consumption. Mikes Texas Smoked BBQ LLC.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK,
NATIONAL ASSOCIATION,
Plaintiff against DAPHNE
BARNETT, et al Defendants
Attorney for Plaintiff(s)
Fein, Such & Crane, LLP,
28 East Main Street, Suite 1800,
Rochester, NY 14614
Attorney (s) for Plaintiff (s).
Pursuant to a Judgment of
Foreclosure and Sale entered
July 25, 2018, I will sell at public
auction to the highest bidder
at the Queens County Supreme
Court, Courtroom #25,
88-11 Sutphin Boulevard,
Jamaica, NY 11435 on
August 23, 2019 at 10:00 AM.
Premises known as 220-31
Hempstead Avenue,
Queens Village, NY 11429.
Block 10775 Lot 34.
All that certain plot, piece or parcel
of land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough and County of Queens,
City and State of New York.
Approximate Amount of Judgment
is $289,021.00 plus interest and
costs. Premises will be sold subject
to provisions of filed Judgment
Index No 705213/2014.
Arthur N. Terranova, Esq.,
Referee
XCHJC085

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 675 Central Ave., Brooklyn, NY 11207. Kings County, on premises consumption. Nicewonder & Associates LLC d/b/a Purgatory.

NOTICE IS HEREBY GIVEN that a license, Serial Number 1316491, for On Premise Liquor has been applied for by the undersigned to sell, Liquor, Wine, Beer and Cider at retail in a Catering Facility (Private events only) under the Alcoholic Beverage Control Law 73-27 Main Street Flushing, NY 11367 for on-premises consumption. Kosher Imperial Catering Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1319414, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 101 Kent Ave., Brooklyn, NY 11249. Kings County, for on premise consumption. Dolly's Swing and Dive LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1319557, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Cafe under the Alcoholic Beverage Control Law at 365 Bond St., Brooklyn, NY 11231. Kings County, for on premises consumption. D'Amico 365 Coffee LLC

NOTICE IS HEREBY GIVEN that a license, Number 1319346, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Wine Bar under the Alcoholic Beverage Control Law at 630 Hudson St., New York, NY 10014. New York County, for on premises consumption. JJW Lavaux LLC.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1319583, for Beer, Wine, Liquor & Cider has been applied for by the undersigned to sell Beer, Wine, Liquor & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 315 Smith St., Brooklyn, NY 11231. Kings County, for on premises consumption. Mezcla LLC.

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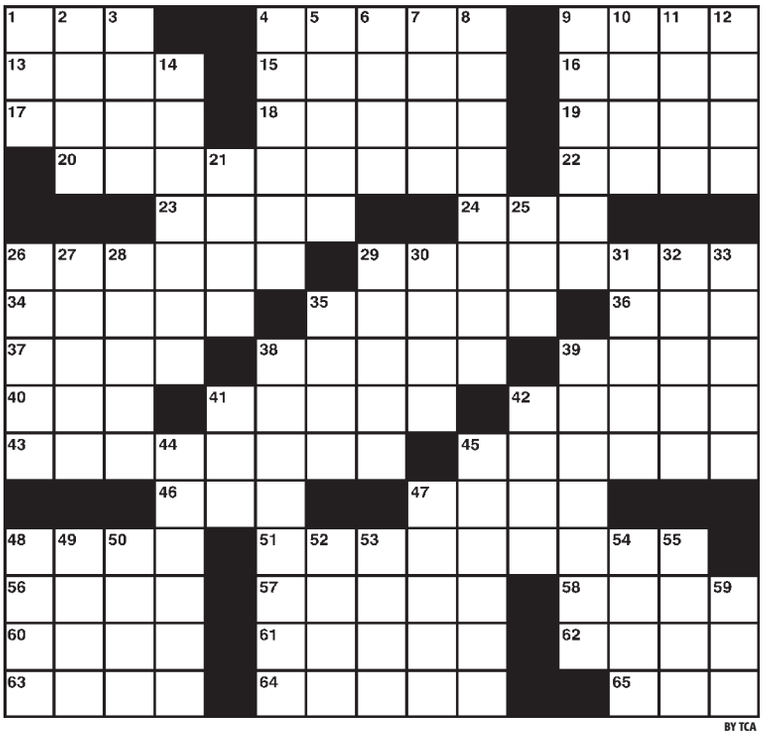
ACROSS

1 Some six-packs
4 Narrow cuts
9 Knife
13 Word of disgust
15 "Rumor __"; Aniston/Costner film
16 Singer Natalie
17 __ up; mature
18 Fluid retention problem
19 Pretext
20 Cowardly
22 Golfing item
23 Celebration
24 Easter entree, perhaps
26 Hits hard
29 Smart-alecky
34 TV's "As the __ Turns"
35 Contaminate
36 Farrow, for one
37 Forever and __
38 __ at; tried to punch
39 Wordsworth or Whitman
40 Confronted
41 Leaning
42 Waltz or twist
43 Nice; agreeable
45 Account book
46 Spoil
47 Egg on
48 Healthy
51 Oppress; treat harshly
56 In the __; currently baking
57 Rent long-term
58 Orderly
60 Tie up
61 Very willing
62 Flow out profusely
63 Casino figure
64 Gown
65 Pig's home

DOWN

1 Buenos Aires' nation: abbr.
2 Taverns
3 Cease
4 Bed linens
5 Soup server's item
6 Words of understanding
7 Conway & Allen
8 Storing away
9 Pinch pennies
10 Military stint
11 __-ran
12 Has-__; one no longer popular
14 In haste
21 Requirement
25 Tenement unit: abbr.
26 Marshy land
27 Role __; good example
28 Up in arms
29 Moral weakness
30 Fuzzy residue
31 Surrounded by
32 Female relative
33 Idaho export
35 Bed size
38 Taken aback
39 Upholstery
41 As poor __ church mouse
42 Martin or McDermott
44 Peace offering
45 Solitaries
47 Propane & ethane
48 Bum
49 Fanatical
50 Give, but expect back
52 Part of a date
53 Hit the ceiling
54 Chief Greek deity
55 Dawn direction
59 Your, in the bible



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G	O	E	C	H	A	R	I	O	T
A	S	V	S	R	L	C	E	K	U
L	D	V	B	R	J	L	N	F	I
L	L	E	S	U	O	R	A	C	T
O	Z	S	M	P	O	H	H	R	N
P	E	P	G	C	Z	E	I	K	O
E	E	I	I	A	I	D	W	Q	G
R	T	N	E	M	E	S	U	M	A
T	U	O	B	A	D	N	U	O	R
F	N	E	B	B	Y	G	V	M	D

Amusement
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Chariot
Dragon
Fun
Galloper
Horse
Jumper
Music
Pole
Ride
Roundabout
Spin
Unicorn
Zebra

metro.us/wander

Category: Film Fusion

	E	S	U	O
	E	E	N	Y
E	M	S	O	W
P	O	P	Y	
A	C	A	L	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

				5				
		7			3		2	
8		5	9				4	
7	5			4	8	9	1	2
	2	4		3		8	7	
6	8	1	2	7			3	5
	9				6	7		4
	1		4			3		
				9				

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A	L	I		P	O	R	E	S		A	N	G	S	T
		H	U	R	R	Y			E	G	G			
S	P	I	G	O	T			O	D	E	S	S	A	
C	E	L	L	S		P	A	N	G	S		H	O	W
A	D	A	Y		T	A	L	L	Y		T	O	R	E
T	A	T		B	E	T	S	Y		T	H	E	T	A
	L	E	A	R	N	S			C	A	E	S	A	R
			G	E	T			M	O	U	N	T		
A	G	R	E	E		F	L	O	A	T		R	E	P
S	L	A	N	D	E	R	O	U	S		L	I	A	R
A	U	N	T		F	E	A	S	T		O	N	C	E
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